

# Nutrition Facts

**Serving Size**  
8.0 fl oz

**Calories**  
per serving **140**

Amount/serving

% DV

**Total Fat** 4.5g

**6%**

**Saturated Fat** 2.5g

**12%**

*Trans Fat* 0g

**Cholesterol** 10mg

**4%**

**Sodium** 170mg

**8%**

Amount/serving

% DV

**Total Carb.** 21g

**8%**

**Fiber** 5g

**18%**

**Total Sugars** 3g

Incl.0g Added Sugars

**0%**

**Protein** 6g

Vitamin D 0% · Calcium 6% · Iron 10% · Potassium 10%

## Black Bean Soup

Ingredients: yellow onion, tomatoes, dry black beans, sour cream, carrot, celery, green bell pepper, red bell pepper, cumin, cilantro, garlic, kosher salt, black pepper, tabasco sauce, chili powder, dried oregano

Contains Milk